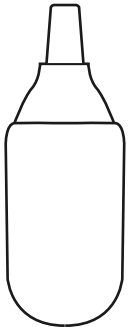


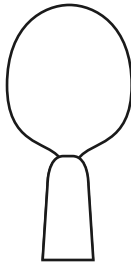


## Liftware Starter Kit Product Handbook

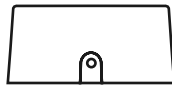
What's Inside:



Stabilizing  
Handle



Soup Spoon  
Attachment



Charging  
Cradle



Micro USB  
Cable



USB Wall  
Adapter

## Important safety notes

To reduce the risk of damage or physical injury:

- Do not immerse the Liftware stabilizing handle in water.
- Do not wash the Liftware stabilizing handle in the dishwasher.
- Always keep the charging cradle at a safe distance from water.
- Unplug the charging cradle immediately if it falls into water. Do not use the charging cradle or the USB wall adapter if either has been dropped in water.
- Do not put the Liftware stabilizing handle in or near any heating or cooking device.
- Never use a charging cradle or a USB wall adapter with a damaged cable or plug.
- This product contains no user-serviceable parts. Refer to “Limited Warranty” if the appliance no longer works properly or needs repair.
- Warning: No modification of the equipment is allowed. Modification will void the warranty.
- The Liftware stabilizing handle and utensil attachments contain small magnets similar in strength to ordinary household magnets. If you have a cardiac pacemaker or other implantable medical electronic device, follow your device’s directions for use regarding magnets. The standard recommendation is to keep your implantable device at least 6 inches from Liftware because it contains small magnets. If you have concerns about your implantable device, consult your healthcare provider.

## Getting started

When you're ready to try the Liftware stabilizing handle for the first time, take a few deep breaths and relax. Since anxiety can increase tremor, you may want to try it without other people watching.

It may take a few days to get used to eating with Liftware. The spoon attachment moves, so at first it might feel funny in your hand – that's normal. Allow your hand tremor to happen naturally, and let Liftware do the work of steadying the spoon.

Try these tips:

- Watch “Getting Started with the Liftware Spoon” at [www.liftware.com/start](http://www.liftware.com/start)
- Try different hand positions until you find a comfortable grip.
- If the handle gets in the way, try using a larger, shallower bowl.

We recommend trying Liftware for at least a week to decide if it's right for you.

## Liftware basics

- The Liftware Starter Kit comes with a stabilizing handle and a soup spoon attachment. Other utensil attachments, including a fork and an everyday spoon, are available separately.
- To connect the soup spoon or other utensil attachment to the Liftware stabilizing handle, place them on the table for stability. Slide the attachment onto the handle until they click together. The handle will turn on automatically.
- Hold the base of the stabilizing handle and allow your hand tremor to happen naturally.
- Keep your fingers clear of the narrow area where the handle connects to the attachment. This part of the handle needs to move freely.
- It's normal for the Liftware stabilizing handle to gently hum and wiggle. This motion is how Liftware stabilizes the movements of the hand.
- When you finish your meal, remove the attachment to turn the handle off and conserve battery power.

## Sleep mode

Between bites, you can turn your Liftware over on the table so the logo on the handle faces the table. This puts the handle to sleep.

The handle still draws power from the battery when it's asleep, so be sure to remove the attachment between meals.

## Cleaning

- To prevent damage, the Liftware stabilizing handle should never be submerged in water or cleaned in the dishwasher.
- Wipe the handle clean with a damp sponge or antibacterial wipes.
- To clean the flexible membrane in the handle, use a cotton swab with warm water and mild detergent. Never clean this area with toothpicks, tweezers, or anything sharp.
- The soup spoon or other utensil attachments can be washed in the dishwasher or cleaned by hand with a sponge, mild detergent, and warm water.

## Storing

- Store the Liftware stabilizing handle in a cool, dry place with the attachment detached. The handle can also be stored in the charging cradle when not in use.
- Store the handle out of direct sunlight.

## Charging

Always remove the attachment from the Liftware stabilizing handle before you charge.

To charge the Liftware stabilizing handle:

1. Plug the large end of the micro USB cable into the USB wall adapter.
2. Plug the small end of the micro USB cable into the charging cradle.
3. Place the handle in the charger with the logo facing the same direction as the LED indicator on the cradle.

### **Charging notes:**

It takes up to three hours to fully charge the handle.

On newer Liftware charger cradles, the light blinks while charging and glows solid when fully charged. On earlier models, the light glows solid while charging and turns off when fully charged. If the light turns off right away, then the battery is fully charged. (Newer charger models are marked “Liftware Charger 1.1” underneath the cradle, and early models have no markings.)

Depending on how long your meals last, Liftware is designed to last for three to six meals between charges.

## Disposal

Liftware is powered by a rechargeable lithium ion polymer battery that should not be disposed of in a landfill. Dispose according to local laws and regulations.

Please note that the battery should only be removed at the end of the product's life. Removing the battery will destroy Liftware and void the product warranty

## Returns & Limited Warranty

To view our full return policy and the Liftware Limited Warranty, please visit [www.liftware.com/policies](http://www.liftware.com/policies). To make a return or if you need more information, contact [support@liftware.com](mailto:support@liftware.com) or (415) 894-5438.

## License

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## Additional information

- Liftware is designed by Lift Labs (of Verily Life Sciences LLC) in Mountain View, California.
- Assembled in the USA.
- This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules.
- These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can emit radio frequency energy and, if not installed and used in accordance with the instructions, may cause interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.
- The latest version of the user guide can be accessed at [www.liftware.com/faqs](http://www.liftware.com/faqs).



Liftware  
Model 1.0

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